

Shelby Bottoms Nature Center

Summer 2016 Program Schedule

Shelby Bottoms Nature Center is open:
Tues/Thurs/Sat — 9 am to 4 pm
Wed/Fri — 12 to 4 pm

Shelby Bottoms Greenway is open
7 days a week from dawn to dusk.

Mailing Address:

Shelby Bottoms Nature Center

1900 Davidson St.
Nashville, TN 37206

Phone: 615-862-8539

Fax: 615-262-0245

Email:

shelbybottomsnature@nashville.gov

Website: www.nashville.gov/Parks-and-Recreation/Nature-Centers-and-Natural-Areas/Shelby-Bottoms-Nature-Center.aspx



Requests for ADA accommodation should be directed to the Nature Center at (615) 862-8539.



Passiflora flower and pollinator by John McGhee

Happy JUNE!! With the Memorial weekend behind us, summer is under way! Please stop by and meet our two new faces—Matt Stroud and Megan St. Clair, 2016's Seasonal Naturalists. Some of you may know Ms. Megan as a tennis instructor at Shelby Park Community Center! Matt started as our MTSU intern and now is getting paid! Join us in welcoming them both and their flavor of programming for the season!

Also check out the recent changes in Nature Play and nearby! With help from Hands on Nashville and

Metro Parks Grounds Maintenance and Tree Crews, Volunteers from Altria returned for a third year and added an element, "Build a Bird's Nest," refurbished sand, redesigned the mudscape, spruced up the fossil dig, set new climbing stumps, stools, table, and bench (all hand made by our tree crew for Nature Play), built 12 new bird houses to go all along the nest box trail, and three new multi-cavity Purple Martin bird houses, among other things. A **B-I-G** thanks to all!!

We have a lot of diverse programming planned for the summer including a new artist and exhibit we are thrilled to welcome. *Disestablished* by artist Adam Hale will open on June 18 so please stop in and view his collection and related merchandise. We hope to see you here soon!

June

Saturday, June 4
11am—12 pm
All ages
Registration required

**Shelby Bottoms
LOVES Tennessee!**

Tennessee is the best place to be! And we want all of our residents and visitors to take the best care of it by protecting and keeping it clean and beautiful. Join us for the reading of the popular book, "Nancy and Sluggo Love Tennessee," a story about keeping Tennessee beautiful.
Leader: Christie Wiser

**Dusk Walk –
Cornelia Fort
Trailhead**

Friday, June 10
7:30—8:30 pm
All ages
Registration required

Meet us at the Cornelia Fort Trailhead as we take a slow walk around the area discussing its history, wildlife, and more.
Leader: John Michael Cassidy

Bike the Greenway

Saturday, June 11
11am—1pm
Ages 13+
Registration required

Bring your bike and join us on an interpretive ride through Shelby Bottoms. While exploring the Greenway, we will stop to talk about the history of Shelby Bottoms and look for signs of wildlife along the way.
Leader: Matt Stroud, Seasonal Naturalist

**Calling All
Volunteers!**

Saturday, June 11
2—3 pm
All ages
Registration required

If you, your friends and/or family members would like to know about the volunteer opportunities available at the Shelby Bottoms Nature Center and Greenway, or have already put in an application and want to get started, join us for a basic introduction to volunteering! We need good people like you to help keep the park and Nature Center great!

**Sunset Celebration-
Blackberry Pickin'**

Thursday, June 16
6—7 pm
All ages
Registration required

It's blackberry time in Shelby Bottoms!!! Join us for a short stroll to harvest a modest amount of wild blackberries. We will learn ways to pick responsibly and safely, and even get to sample some blackberry bottom brownies! Leader: Christie Wiser



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Programs could be cancelled due to inclement weather or low participation.

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Rising Seas: An Ocean Away?

Saturday, June 18
11 am—12 pm
Ages 13+
Registration required

What have you heard about the island of Fiji? Gorgeous beaches, vibrant coral reefs, paradise? Come, let's explore the deep South Pacific together and converse about the ways in which climate change is affecting Fiji and the South Pacific/Oceania in devastating ways. How do our practices here in Tennessee affect Fiji? This, essentially, will be a conversation on interconnectedness.
Leader: Rev. Kate Fields, MDiv, MS (biology)

Life Cycle of the Frog

Saturday, June 18
2—3 pm
All ages
No registration necessary

Hop on over to the Nature Center for a discussion all about frogs! We'll examine their life cycle and learn a bit about them. We will escape the heat and meet in the classroom before heading out in search of some!
Leader: Megan St. Clair, Seasonal Naturalist



An opening
reception
for

Disestablished

A collection
of art by
Adam Hale

Saturday, June 18
6—9 pm
All ages
No registration necessary

Join us in welcoming the works of local artist, Adam Hale. Adam's subjects reveal a sometimes satirical, and often comical view of business, politics, culture and society. As he playfully entertains, he invites insights into our humanity. This process delights the artist as much as his fans. This series of art is sure to not disappoint and will be hanging in our classroom/gallery space until August 31st. "Adam's interpretation of the golden pheasant that has been spotted in the park for several years now is long awaited by me and the creative community of East Nashville. His ability to take this now iconic animal and bring it into the art world is brilliant and one of a kind. I am just so thrilled that we will get to showcase it in our classroom this summer." -Curator, Christie Wiser

First Full Moon of Summer

Monday, June 20
8—9 pm
All ages
Registration required

It's the first day of summer and we are greeted by a full moon... that is something to howl about! If we get a nice clear sky that allows us to marvel at the summer eve moon, we will take a hike around the park to explore by moon light. (No flashlights, please!) Leader: Christie Wiser

Bike Ride – Summer Solstice

Tuesday, June 21
8—9 pm
All ages
Registration required

Join us for a short ride around the park under a full moon. We will also look/listen for active wildlife.
Leader: John Michael Cassidy

Storytime!

Wednesday, June 22
2—3 pm
All ages
Registration required

Join us for an afternoon story time, fun craft, and outside activity. After our indoor story and craft, we will explore around the Nature Center.
Leader: Nature Center Staff & Volunteers

Safe Cycling for Families with Robert Johnson

Friday, June 24
9:30 am—12 pm
(first hour – classroom)
All ages
Registration required

This 2.5 hour course is designed to encourage families with children who want to cycle together. There will be tips about bicycle choice, helmet fitting, carrying children on adult bikes, road rules, skill levels, and how to choose where to cycle. It will cover the minimum that a child should know and be capable of before being allowed to cycle on sidewalks, paths, and roads. During the classroom session, nature center staff will be entertaining children with a short nature program. After the classroom session, we will go outside and practice our skills on the park roads and greenways as a group. Robert has two children, one whom cycles to Kindergarten every day using both sidewalks and roads, and one whom is carried on the back of his bike and is still learning to ride. Leader: Robert Johnson, Instructor-League of American Bicyclists, and Volunteers





Body Works

bestUwellness

Saturday, June 25
9:30—10:30 am
Ages 18+
Registration required

This mat class focuses on lengthening, stretching, and strengthening the body. Combining core training, yoga, Pilates, balance and flexibility, this will be especially helpful for cyclist and runners.
Instructor: Carol Buckley Frazier, a NSCA-certified Personal Trainer, fitness instructor, IIN Holistic Health Coach and founder/CEO of BestUWellness.com

Great American Backyard Campout - S'mores, Stories and Such

Saturday, June 25
11 am—1 pm
All ages
Registration required

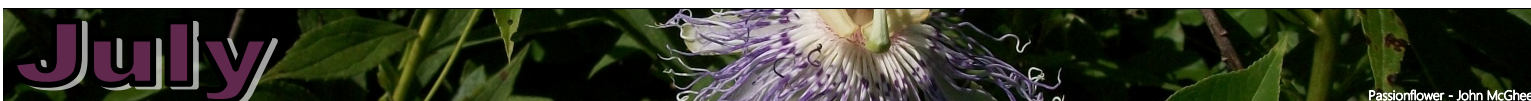
In honor of the Great American Backyard Campout, an annual event sponsored by the National Wildlife Federation, we will be serving up campfire s'mores, telling stories, and having some other fun activities outside the nature center. Join us!
Leader: Christie Wiser & Nature Center Staff

Public Canoe & Kayak Trip



Sunday, June 26
Time to be determined
Call 615-429-3549 for details and to register

Join Metro Parks on a beautiful stretch of the Duck River. This paddle is designed to introduce participants to paddling while exploring an amazing section of river! Metro Parks provides all the necessary gear, including boats, PFDs, as well as shuttle service! Call or email Neel Deshpande for more info! 615-429-3549 or neel.deshpande@nashville.gov



UnBEElievable!



Saturday, July 2
2—3 pm
All ages
No registration necessary

Learn what it takes for bees to produce honey, and how you can make bee boxes for your own back yard! We will have an exhibit with bee suits, bee boxes, tastings of local honey, and a ton of information on how bees help the environment. We'll BEE seeing you!
Leader: Matt Stroud, Seasonal Naturalist

Storytime!

Wednesday, July 6
12—1 pm
All ages
Registration required

Join us for a midday story time, fun craft, and outside activity. After our indoor story and craft, we will explore around the Nature Center.
Leader: Nature Center Staff & Volunteers

Home(Brew) School

Friday, July 8
7—8:30 pm
Ages 21+
Registration required

We will discuss (and taste) the history of brewing, styles, homebrewing, and using local resources from the woods/garden to liven up your projects. Don grew up in Bells Bend on a large farm, has been brewing for a decade, and is still working on perfecting his craft.
\$5 donation for snacks and beverages
Leaders: Don Graves and John Michael Cassidy

Fly Fishing



Saturday, July 9
11 am—12 pm
All ages
Registration required

This activity includes making your own cane fishing pole and learning the art of fly fishing. We will meet at the Nature Center then head to Sevier Lake to test out our new cane poles!
Leader: Matt Stroud, Seasonal Naturalist

Poetry In the Park: The Art of Writing Haiku Poetry

Saturday, July 9
2—3 pm
Ages 13+
Registration required

Come to Shelby for an afternoon class on the history of haiku poetry, a traditional Japanese style which is characterized by its short length, specific number of syllables, and poignant imagery which is often about nature. After a brief discussion of the haiku and its form, we will write our own haikus, inspired by the natural beauty of Shelby Bottoms.
Leader: Kiki Dombrowski, Guest Instructor & Metro Parks Staff



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Birdwatching – Morning Walk in Shelby Park	Saturday, July 16 7—8:30 am All ages Registration required	We will get an early start to catch some active birds in the woods around Mission Hill and work our way towards Sevier Lake. This will be a casual outing for those looking to learn some basics about local birds and their habitat. Leader: John Michael Cassidy
Painting on the Back Porch	Saturday, July 16 1—2:30 pm All ages Registration required	Bring your love for nature and art to the park for a basic beginner level painting lesson! We will provide the paint, brushes, and canvases...and a little guidance. All skill levels are welcome. Space is limited. Leader: Christie Wiser
Public Canoe & Kayak Trip	Sunday, July 17 Time to be determined Call 615-429-3549 for details and to register	Join Metro Parks on a beautiful stretch of the Caney Fork River. This paddle is designed to introduce participants to paddling while exploring an amazing section of river! Metro Parks provides all the necessary gear, including boats, PFDs, as well as shuttle service! Call or email Neel Deshpande for more info! 615-429-3549 or neel.deshpande@nashville.gov
Bike Ride: Full Moon	Tuesday, July 19 8—9:30 pm All ages Registration required	Join us for a short ride around the park under a full moon. We will also look/listen for active wildlife. Leader: John Michael Cassidy
Body Works	Saturday, July 23 9:30—10:30 am Ages 18+ Registration required	This mat class focuses on lengthening, stretching, and strengthening the body. Combining core training, yoga, Pilates, balance and flexibility, this will be especially helpful for cyclist and runners. Instructor: Carol Buckley Frazier, a NSCA-certified Personal Trainer, fitness instructor, IIN Holistic Health Coach and founder/CEO of BestUWellness.com
Mussel and Flow	Saturday, July 23 11 am—12 pm All ages Registration required	These aquatic creatures sure do have it rough in the wild! Learn more about the amazing life cycle that mussels have and the incredible contributions they make to the ecosystems that they can be found in. Leader: Christie Wiser
Sleep Tight Nashville Book Reading	Friday, July 29 6—7 pm All ages Registration required	Nashville is growing by leaps and bounds and sometimes music city just needs to lay down for the night and go to sleep! The children's book, Sleep Tight Nashville tells an adorable story of all the many things to see and do in Nashville. And even though Nashville is gaining in popularity, we are a city that sleeps! Join us for a book reading by co-author, Debbie Brown. Plus if you purchase a copy, Debbie will sign it!
Tree ID in the Shade	Saturday, July 30 2—3 pm All ages No registration necessary	Beat the heat in the canopy! Come and join us for journey over the boardwalk and into the canopy beneath the shade of the glorious trees that call Shelby Bottoms home. We'll learn to ID a few trees for beginners! Leader: Megan St. Clair, Seasonal Naturalist
Star Gazing	Saturday, July 30 10:30 pm—12 am All ages Registration required	Come join us at Cornelia Fort Trailhead for a night of star gazing. We will be looking at different constellations, and learning the basics of how to navigate using the stars! Cancelled for cloudy/rainy skies. Leader: Matt Stroud, Seasonal Naturalist



A skink (lizard) in hand by John Michael Cassidy



August

Ironweed—James Fullerton

Kayaking the Cumberland – Shelby Bottoms

Friday, August 5
8—10:30 am
Ages 12+
Registration required
Walk-ups not accepted.

Paddle a scenic section of the Cumberland River in our backyard! We will get an early start to beat the heat and seek out the excellent birdwatching along the river. Previous paddling experience is necessary. **Cost: \$20**
Leaders: John Michael Cassidy and Nature Center Staff

Sunflower Power!



Saturday, August 6
2—3 pm
All ages
Registration required

These incredible flowers have a way of grabbing the attention of humans and wildlife. Learn more about them and their amazing uses, other than just being an eye-catching addition to your summer garden. We will also have some seeds to give away so you can grow your own!
Leader: Christie Wiser

Storytime!

Wednesday, August 10
2—3 pm
All ages
Registration required

Join us for an afternoon story time, fun craft, and outside activity. After our indoor story and craft, we will explore around the Nature Center.
Leader: Nature Center Staff & Volunteers

Documentary: Florida Wildlife Expedition Corridor – Everglades to Okefenokee

Thursday, August 11
7:30—9 pm
Ages 8+
Registration required

Protecting land and water resources is certainly important but making connections between those pieces may be even more important for preserving precious biological resources (wildlife, and by default flora). This documentary features four explorers as they trek their way from the southern tip of the Everglades of Florida to the Okefenokee Swamp in Georgia. It is a collection of stories and experiences woven together by The Florida Wildlife Corridor which is a conservation advocacy organization that focuses on connecting, protecting, and restoring corridors of conserved lands and waters essential for the survival of Florida's diverse wildlife.
Leader: John Michael Cassidy

Tiny Tomato Time

Friday, August 12
10—11 am
3—5 years
Registration required

It is "tomato time" in all the land of East Nashville! And that means that we all celebrate the terrific tomato; even our tiniest tomatoes are celebrated. Bring your tiny tomato tots to the nature center for a fun hour of all things tomato.
Leader: Christie Wiser

Perseids Meteor Shower

Saturday, August 13
3:30—5 am
All ages
Registration required

The Perseid meteor shower occurs every year between July 17th and August 24th. This year's peak time for viewing is August 9th-13th. Come join us at Cornelia Fort Trailhead as we look to the skies to see the one of the world's brightest annual meteor showers. It's always darkest before dawn which is why we will be meeting at 3:30am to get the best views possible! Cancelled for cloudy/rainy skies. Call for more details or check Facebook. Leader: Matt Stroud, Seasonal Naturalist

Birds Eat Tomatoes??



Saturday, August 13
9—10 am
All ages
Registration required

It's Tomato Fest Day! Set out for an adventure! We'll meet at Forrest Green Trailhead and put on our binoculars to search for birds eating! Do they eat tomatoes too?? (They do in some gardens!) We'll take a look at all the things birds eat and discuss why and how birds are attracted to various foods.
Leader: Megan St. Clair, Seasonal Naturalist

Creative Ice Cream



Wednesday, August 17
6—7 pm
All ages
Registration required

Let's grab some fresh fruit/herbs at the East Nashville Farmer's Market and make some creative mixes! We will eat on the back porch next to our hummingbird feeders, and watch as they feed and fight for territory before heading south for the winter.
Leaders: John Michael Cassidy and Volunteers



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Full Moon Hike Along the Cumberland w/ Ice Cream!

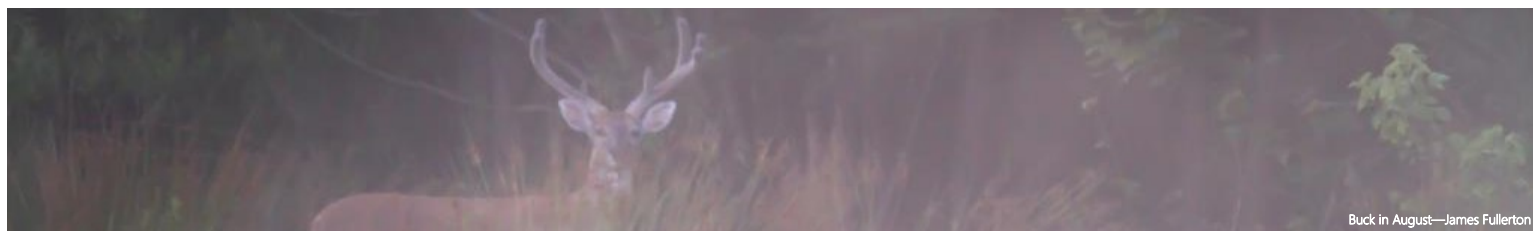
Thursday, August 18
7:30—9 pm
All ages
Registration required

We will meet just before twilight and take a slow and quiet walk in the woods along the Cumberland River. The Bottoms come alive after dark in the summer and we will look/listen for active wildlife. Ice cream on the back porch to follow.
Leader: John Michael Cassidy and Volunteers

Full Moon Morning Hike

Friday, August 19
6—7 am
All ages
Registration required

If you're the early to bed/early to rise type, then this is the perfect time for you to "moon gaze." And we will also get to see the sun come up during one of the most special times of the day to be out in the park!
Leader: Christie Wiser



Buck in August—James Fullerton

Public Canoe & Kayak Trip

Sunday, August 21
Time to be determined
Call 615-429-3549 for
details and to register

Join Metro Parks on a beautiful stretch of the Harpeth River. This paddle is designed to introduce participants to paddling while exploring an amazing section of river! Metro Parks provides all the necessary gear, including boats, PFDs, as well as shuttle service! Call or email Neel Deshpande for more info! 615-429-3549 or neel.deshpande@nashville.gov

Color Me Happy: Coloring on the Back Porch

Wednesday, August 24
6—8 pm
Ages 21+
Registration required

Learning to "color" is one of the first basic forms of art we learn to create in our early childhood years. We discover how colors symbolize emotions, times of the day and year, plants, and animals, all while showing the young mind how to stay in the lines and create depth with shades. This program will allow participants to once again embrace the benefits of sitting down with paper, crayons, and the time to finish a coloring sheet. Materials and light snacks provided.
Leader: Christie Wiser

Body Works

Saturday, August 27
9:30—10:30 am
Ages 18+
Registration required

This mat class focuses on lengthening, stretching, and strengthening the body. Combining core training, yoga, Pilates, balance and flexibility, this will be especially helpful for cyclist and runners.
Instructor: Carol Buckley Frazier, a NSCA-certified Personal Trainer, fitness instructor, IIN Holistic Health Coach and founder/CEO of BestUWellness.com

bestUwellness

WILDflower Power

Saturday, August 27
9:30—10:30 am
All ages
Registration required

Summer time brings vibrant flowers waiting to be discovered! Come join us at the Nature Center where we will meet up and head out in search of beautiful summer time wildflowers.
Leader: Megan St. Clair, Seasonal Naturalist



Tickseed Sunflower—James Fullerton



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